

EXERCISE SCIENCE, PHYSICAL EDUCATION, AND RECREATION, BACHELOR OF SCIENCE: GENERAL EXERCISE SCIENCE EMPHASIS

The BS degree in EXPE prepares program graduates for professional positions in worksite, clinical, school, fitness government and community settings.

- Graduates of the General Exercise Science coursework are prepared for exercise and fitness related professional positions. This emphasis is an excellent selection for students preparing for advanced study in fields such as exercise physiology, allied health, or sport administration

Core Course Requirements for EXPE Emphasis Areas

Course	Title	Credits
EPER 101	INTRO TO EXPER	2.0
BIOL 112	NUTRITION	3
EPER 162	PERSONAL HEALTH	3.0
EPER 162L	PERSONAL HEALTH LAB	1.0
EPER 222	BEHAVIOR FACILITATION	3.0
AT 232	FIRST AID	2
EPER 343	RESEARCH AND STATISTICS	3.0
EPER 344	EXERCISE PHYSIOLOGY	3.0
EPER 344L	EXERCISE PHYSIOLOGY LAB	1.0
EPER 364	KINESIOLOGY	3.0
EPER 461	MANAGING PROGRAMS IN EXHPR	3.0
Total Credits		27

Emphasis Area Course Requirements General Exercise Science Emphasis

Course	Title	Credits
Required EXPE Core Courses		
EXPE Core Courses		27
Required Emphasis Courses		
EPER 201	DRUGS AND HEALTHY LIFESTYLES	3.0
AT 260	INJURY/ILLNESS CARE AND PREVENTION	3
EPER 436	EXERCISE ASSESSMENT	3.0
EPER 494	FIELD EXPERIENCE	1-6
Major Elective Courses		
Select 13-19 credits with a minimum of 4-10 upper division (see below)		13-19
Other Required Courses		
BIOL 223	HUMAN PHYSIOLOGY AND ANATOMY I	3
BIOL 223L	HUMAN PHYSIOLOGY AND ANATOMY I LAB	1
BIOL 224	HUMAN PHYSIOLOGY AND ANATOMY II	3
BIOL 224L	HUMAN PHYSIOLOGY AND ANATOMY II LAB	1

CIS 100	INTRODUCTION TO WORD	1
CIS 103	INTRODUCTION TO POWERPOINT	1
CIS 104	INTRODUCTION TO EXCEL SPREADSHEETS	1
COMR 103	SPEAKING AND LISTENING	3
MATH 101	INTRODUCTORY COLLEGE MATHEMATICS	3-4
or MATH 120	PRE-CALCULUS ALGEBRA	
PSYC 151	HUMAN DEVELOPMENT	3.0
General Education: English		6
General Education: History		3
General Education: Humanities		6
General Education: Social Science		3
Courses Outside the Major		
Select 20 credit hours ²		20-21
Total Credits		108-121

¹ The choice of Internship or Fieldwork in the above area will determine the hours in area below.

² Must include 8 upper division hours if 19 were taken in emphasis.

Major Electives

Course	Title	Credits
EPER 100L	WILDERNESS TECHNICAL SKILLS	1.0
EPER 102	MOUNTAIN ORIENTATION	2.0
EPER 103	WINTER ORIENTATION	2.0
EPER 104	DESERT ORIENTATION	2.0
EPER 105	CANYON ORIENTATION	2.0
EPER 107L	TRIATHLON	1.0
EPER 126L	PERSONAL FITNESS	1.0
EPER 125L	SNOW SPORTS	1.0
EPER 106L	MARTIAL ARTS AND SELF-DEFENSE	1.0
EPER 108L	YOGA	1.0
EPER 109L	VOLLEYBALL	1.0
EPER 110L	WEIGHT TRAINING	1.0
EPER 111	COMMITMENT TO ACADEMIC EXCELLENCE	1.0
EPER 112L	ROCK CLIMBING	1.0
EPER 113L	WHITewater BOATING	1.0
EPER 114L	BASIC MOUNTAINEERING TECHNIQUES	1.0
EPER 116L	CAMPING	1.0
EPER 117L	BACKPACKING	1.0
EPER 118L	FLY FISHING	1.0
EPER 120L	INTRODUCTION TO SEARCH AND RESCUE	1.0
EPER 118L	FLY FISHING	1.0
EPER 128L	AEROBICS	1.0
EPER 123L	ZUMBA	1.0
EPER 124L	TAI CHI	1.0
EPER 175L	RACQUETBALL	1.0
EPER 176L	LIFE GUARD TRAINING	2.0
PSYC 205	INTRODUCTION TO SPORT PSYCHOLOGY	3.0
EPER 205L	SNOW SPORTS II	1.0
EPER 208L	YOGA II	1.0
HS 230	FOUNDATIONS OF PUBLIC HEALTH	3
EPER 233	HISTORY & PRINCIPLES OF PHYSICAL EDUCATION & REC	2.0

EPER 240	RECREATION PROGRAM DESIGN	3.0
EPER 243	METHODS OF RHYTHMIC ACTIVITIES	2.0
EPER 245	MOTOR LEARNING AND DEVELOPMENT	3.0
EPER 249	CHALLENGE COURSE LEADERSHIP	2.0
EPER 270	OUTDOOR LEADERSHIP I	2.0
EPER 301	PERFORMANCE VIDEO ANALYSIS	1.0
EPER 310L	ADV METHODS STRENGTH & CONDITIONING	2.0
EPER 320	NSCA TEST PREPARATION	3.0
EPER 322	WILDERNESS FIRST AID	2.0
AT 323	FUNCTIONAL EXERCISE TRAINING	2
HS 330	EPIDEMIOLOGY AND DISEASE PREVENTION	3
EPER 345	METHODS OF PHYSICAL ACTIVITIES & GAMES I	2.0
EPER 346	METHODS PHYSICAL ACTIVITIES & GAMES II	2.0
EPER 347	METHODS OF FITNESS INSTRUCTION	1.0
EPER 348	METHODS OF INDIVIDUAL AND DUAL SPORTS	3.0
EPER 350	LEADERSHIP AND ETHICS	3.0
EPER 360	OUTDOOR EDUCATION	3.0
EPER 375	RESEARCH AND EVALUATION OF RECREATION	3.0
EPER 432	APPLIED SPORT & EXERCISE PSYCHOLOGY	3.0
EPER 440	BIOMECHANICS	3.0
EPER 464	ADAPTED PHYSICAL EDUCATION	3.0
EPER 469	COACHING/OFFICIATING TRACK & FIELD	2.0
EPER 470	METHODS OF COACHING	3.0
EPER 472	COACHING AND OFFICIATING BASKETBALL	2.0
EPER 475	COACHING AND OFFICIATING VOLLEYBALL	2.0
EPER 482	COACHING AND OFFICIATING WRESTLING	2.0
EPER 483	COACHING AND OFFICIATING BASEBALL	2.0
EPER 484	OUTDOOR RESOURCES & MANAGEMENT	3.0
EPER 485	RECREATION FACILITY DESIGN/MANAGEMENT	3.0
EPER 492	RESEARCH	1-6

Planning Sheet

Disclaimer: The Planning Sheet is designed as a guide for student's planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered the institution.

Course	Title	Credits
Year 1		
Fall		
EPER 101	Intro to EXPER	2
EPER 162 & 162L	Personal Health and Personal Health Lab	4
ENG 101	Rhetoric & Writing I	3
PSYC 151	Human Development	3
Elective	Must be EPER lower division.	2
Credits		14
Spring		
AT 260	Injury/Illness Care and Prevention	3
BIOL 112	Nutrition	3
CIS 100	Introduction to Word	1
CIS 103	Introduction to PowerPoint	1

CIS 104	Introduction to Excel Spreadsheets	1
ENG 102	Rhetoric & Writing II	3
Elective	Must be EPER lower division.	2
Credits		14
Year 2		
Fall		
BIOL 223	Human Physiology and Anatomy I	3
BIOL 223L	Human Physiology and Anatomy I Lab	1
COMR 103	Speaking and Listening	3
EPER 201	Drugs and Healthy Lifestyles	3
EPER 222	Behavior Facilitation	3
Elective	Must be EPER lower division.	1
Credits		14
Spring		
AT 232	First Aid	2
BIOL 224	Human Physiology and Anatomy II	3
BIOL 224L	Human Physiology and Anatomy II Lab	1
MATH 101	Introductory College Mathematics	3
General Education		3
Elective	Must be EPER lower division.	2
Credits		14
Year 3		
Fall		
EPER 343	Research and Statistics	3
General Education		6
Elective	Must be EPER lower division.	1
Elective	Must be outside of the major.	5
Credits		15
Spring		
EPER 364	Kinesiology	3
General Education		3
Elective	Must be EPER lower division.	1
Elective	Must be EPER upper division.	4
Elective	Must be outside the major.	3
Credits		14
Year 4		
Fall		
EPER 344	Exercise Physiology	3
EPER 344L	Exercise Physiology Lab	1
Elective	Must be EPER upper division.	6
Elective	Must be outside the major.	5
Credits		15
Spring		
EPER 436	Exercise Assessment	3
EPER 461	Managing Programs in EXHPR	3
Elective	Must be outside the major AND upper division.	8
Credits		14
Summer		
EPER 494	Field Experience	1-6
Credits		1-6
Total Credits		115-120